

MENTAL HEALTH CARERS' REPRESENTATIVES FORUM

NOTES OF MEETING HELD ON

Tuesday 18th July, 2017

At Oxlease House, Travellers Lane, Hatfield

	Present
	Carers: AR, TW, VW, JI, MI, VK, LB, CBe, EB, NB, JH, TJ, AMS (13 carers) Apologies: CD, CH Chair: Deryn Sparrow (DW) Staff: Sarah Williams (SWi) (minutes) and Rosemary Willis (RW) Volunteer: Pat McManus (PC) Guest speakers: Rethink Mental Illness – Charli Hadden (CH), Senior Innovation Officer and Hertfordshire Partnership University NHS Foundation Trust (HPFT) – Dr Chamba Balalle, Consultant Psychiatrist
1	Welcome DS welcomed all to the meeting & introductions were made.
2	Guest Speakers: Rethink Mental Illness presentation by CH on the national picture around integration of mental health and physical health (answers to Carers in Hertfordshire's (CiH) questions sent to CH in advance were presented on her slides). CLICK HERE A number of Rethink resources were also made available for people. NB – incentives for GPs - do GPs only get an incentive for an initial physical health check? Physical Health Check Guidance for Clinical Commissioning Groups (CCG's) should be out by 21 st July and appear on NHS England's website. Action: CH will send DS the link when the Guidance is out. CB – A CQUIN (The Commissioning for Quality and Innovation payment framework) target has been in operation for the last couple of years. A CQUIN will only be given to a provider at the end of the year if they are 100% on target. The provider needs to demonstrate the number of patients they have seen, follow-up, impact of follow-up i.e. on body mass index (BMI) and smoking. The aim is that this process will become more embedded in the structure of the service. CBe – Bi-polar can be similar to personality disorder. Why doesn't Serious Mental Illness (SMI) include personality disorders? More conditions such as personality disorders need to be added to SMI registers. Hertfordshire Partnership University NHS Foundation Trust (HPFT) presentation by Dr Chamba Balalle to update the forum and answer questions around physical health checks in Hertfordshire. CLICK HERE Hard copies of HPFT's Physical Health Strategy 2017 – 2022, given out to those present.

	<p>CBe – Is SMI recorded on the GPs’ system?</p> <p>CB - The Quality Outcome Framework (QOF) is voluntary – GP’s don’t have to do it. With the new CCG Guidelines it should be more compulsory for GP’s to carry out physical health checks. In secondary mental health services physical health checks are carried out.</p> <p>LB – An audit needs to be carried out at HPFT to ensure that all necessary equipment is in place to carry out physical health checks such as weighing scales, measuring tapes, blood pressure monitors.</p> <p>AMS – who is responsible for getting equipment fixed?</p> <p>CB – there is a structure and a system in each team to order equipment needed. Doesn’t know of a named person but it is likely to be the procurement department.</p> <p>Some discussion around the difficulties in recruiting staff in mental health and junior doctors.</p> <p>NB – expressed her frustrations around the lack of integration between mental health and physical health. CB works at RAID Lister Hospital and understands her frustrations and agreed services need to work in a more integrated way. Some discussion around diabetes and mental health. There is a new integrated pathway which usually starts with new service users. An example of this is at Watford hospital where joint appointments take place with a psychiatrist and a diabetes specialist nurse.</p> <p>CB There are approx. 3,000 staff working at HPFT. Whilst staff training around physical health checks is being rolled out there needs to be a change in culture.</p> <p>JH –pointed out that staff training needs to be a rolling process given the high turnover of staff at HPFT.</p> <p>CB – agreed, HPFT keep trying. Staff training on various physical health topics is both mandatory and non-mandatory. Training will be included in new staff inductions and continued training. Physical health will also be included in future practice governance meetings, team meetings and business meetings.</p>
3	Minutes of Forum 18th May, 2017 - Agreed
4	<p>Feedback from Carer Representatives and Carer Involvement Workers:</p> <p>SW – A guest speaker from HPFT will be presenting the Good to Great strategy at the next Forum 20th September. Those present discussed the questions they would like to put forward to HPFT and agreed SW and DS could finalise these and send them to the guest speaker in good time to prepare answers for the next forum. The following questions will be emailed to Dr Jane Padmore:</p> <ol style="list-style-type: none"> 1. Please provide supporting evidence to show how HPFT plan to implement the Good to Great strategy. 2. How are HPFT going to include Government CQUIN targets, including physical health checks for people with serious mental illness CQUIN, in the Good to Great strategy? 3. How are carers going to be included and involved in the Good to Great strategy?

	<p>4. If HPFT are to get from Good to Great more therapies needs to be available such as Dialectical Behaviour Therapy (DBT) and therapy posts need to be recruited for and filled. How do HPFT aim to do this?</p> <p>5. If HPFT are to get from Good to Great more help and support needs to be available for people with a dual diagnosis such as counselling, Cognitive Behaviour Theory (CBT) and DBT. How do HPFT aim to do this?</p> <p>Some discussion took place around the lack of therapies and difficulties around staff recruitment.</p> <p>SW – HPFT carer awareness training will re-commence beginning of October and will be held monthly until March 2018. This will be a 3 hour training session and will include HPFT’s carer pathway, Triangle of Care and the carer’s lived experience. CAMHS – promoted the monthly parent/carers educational support group and the training programme for parent/carers that CiH and Rethink Mental Illness have funding for and will be developing over the summer. New Leaf - promoted the wellbeing college, summer programme, and gave out leaflets.</p> <p>DS – the HPFT Physical Health Conference will be held 16th November, 2017. This falls on the same day as CiH mental health forum. Action: DS to speak to Roma Mills.</p> <p>Attended the Involvement Engagement Group meeting yesterday which is also an opportunity to hear from other agencies such as Mind and Healthwatch. HPFT policies were discussed yesterday. Issues were raised around Single Point of Access (SPA) and the Mental Health Helpline. HPFT want to hear from carers and services users as to what they want from the Mental Health Helpline and a workshop is being arranged. Action: DS to email carers when a date has been arranged.</p>
5.	<p>AoB None</p>
6.	<p>Dates for future Forums Wednesday 20th September, 2017. Coffee & Tea from 10am. Forum 10.30am – 12.30pm following by a light sandwich lunch.</p>